



Menu

—

Exclusively for our patients in the private clinics and elective care areas



Dear patient,

We are pleased to offer you a balanced and varied diet in addition to medical assistance, expert nursing care and personal attention.

You will find a great variety of dishes for breakfast, lunch and dinner.

We are committed to using neither flavour enhancers nor preservatives (except for nitrite curing salt), artificial colourings or artificial flavourings in our lunch dishes. Our raw ingredients are harvested at optimum maturity and processed instantly by our suppliers in a sustainable manner. We also exclusively use meat of verified origin.

Whether sweet, savoury, vegetarian or mixed: You can arrange your meals together every day according to your taste and state of health.

If your doctor has prescribed a special diet for you, it is important that you stick to it. Our skilled nursing and service staff will be happy to help you select the appropriate dishes. Talk to us!

If you are unable to be on the ward to make your selection in person, we recommend that you note down your selection in advance and leave it on the bedside table. You can get a corresponding notepad on your ward. If you are not able to do so either, we will serve you one of our standard dishes.

Enjoy your meal and get well soon!

Your Helios Catering team

Content



Breakfast — for a good start of the day	4
Breakfast arrangements	5

Lunch — our menu selection for you	6
Desserts.....	7



Dinner — a perfect end to a day	8
Dinner menus.....	9



Declaration of our foodstuffs	10
--	-----------

Breakfast

for a good start of the day

Bakery products

- Wheat roll
- Multigrain roll
- Pumpkin seed roll
- Spelt roll
- Pretzel roll
- Croissant
- Multigrain bread
- White bread
- Rye-wheat bread
- Protein bread
- Zwieback
- Crispbread

Spread

- Butter
- Margarine
- Strawberry jam
- Cherry jam
- Apricot jam
- Raspberry jam
- Honey
- Nutella
- Plum jam
- Vegan spread
(*mushrooms, herbs, smoky, mild*)

Cold meats

- Poultry sausage
- Turkey breast
- Salami, fine
- Boiled ham
- Black Forest ham
- Serrano ham
- Teewurst
- Liver sausage

Cheese selection

- Butter cheese
- Gouda, medium-aged
- Herb-flavoured cheese
- Emmentaler
- Cream cheese
- Herbed cream cheese
- Babybel
- Camembert

Extras

- Yogurt (*plain organic, fruit*)
- Quark (*plain, fruit, herbs*)
- Buttermilk
- Egg, hard-boiled, cold
- Cornflakes
- Whole-wheat muesli with chocolate
- Whole-wheat muesli with fruits
- Bircher muesli
- One piece of fresh fruit
- Fruit salad

Beverages

- Selection of Ronnefeldt teas
- Filter coffee
- Coffee specialties
(*Latte Macchiato, Cappuccino, Espresso, Caffe Latte*)
- Cocoa (*hot and cold*)
- Milk (*hot and cold*)
- Mineral water (*still, medium carbonation*)
- Juices (*apple, orange*)



Breakfast dishes

The hearty breakfast

Smoked ham, meat spread, Emmentaler

Cheese breakfast

Gouda, Maasdamer, herbed cheese, Babybel

Fitness breakfast

Cooked ham, cream cheese, Honey, Bircher muesli

Low carb

Turkey breast, Gouda, egg salad, protein bread

Small French breakfast

Croissant, strawberry jam, butter

The classic

Poultry sausage, cheese, jam



With our complete menus, please also decide if you would like to order bread or rolls and butter.

Lunch

our menu selection for you

Appetizers

- Melon balls with Serrano ham
- Tomato mozzarella
- Mixed salad

Soups

- Semolina dumpling soup
- Vegetable soup



Main courses

Option 1

Normal diet

Braised beef roulades (2 pieces) with bacon and onion filling, served with red cabbage and potatoes

Option 2

Normal diet

Roast pork medallions garnished with wild mushrooms, with cream sauce, zucchini slices, Romano beans, diced bell peppers and potato cakes

Option 3

Normal diet

Roasted chicken breast with "crema di balsamico", grilled vegetables and tagliatelle

Option 4

Normal diet

Spinach soufflé (2 pieces) on a tomato sauce ragout

Option 5

Light normal diet

Steamed salmon fillet in light sauce with broccoli and Parisian carrots, served with a mixture of long grain rice and wild rice

Option 6

Light normal diet

Pasta trilogy of tortellini, penne and orecchiette with different sauces

Option 7

Light normal diet

Colourful salad bowl

Coffee, tea & cake — to enjoy in between

We offer various tea and coffee specialties and a cake selection that changes daily — please feel free to contact our service staff.

Guaranteed free of pork or pork components

Option 8

Normal diet

Lamb roast with green beans and baked potatoes

Option 9

Normal diet

Oriental chopped veal steak with vegetable couscous

Option 10

Normal diet

Chicken breast fillets in a Caribbean coconut pineapple sauce with yellow rice

Option 11

Normal diet

Red lentil curry with peppers, aubergine, mung beans and spring onions, served with basmati rice

Desserts

- Chocolate mousse with cherry ragout
- Bavarian cream with strawberry sauce
- Red fruit jelly with vanilla sauce
- Fresh fruit salad



Dinner

for a successful conclusion
to the day



Bakery products

- Multigrain bread
- White bread
- Rye-wheat bread
- Linseed bread
- Fitness bread
- Protein bread
- Zwieback
- Crispbread

Cold meats

- Poultry sausage
- Turkey breast
- Salami, fine
- Boiled ham
- Black Forest ham
- Serrano ham
- Teewurst
- Liver sausage

Cheese selection

- Butter cheese
- Gouda, medium-aged
- Herb-flavoured cheese
- Emmentaler
- Cream cheese
- Herbed cream cheese
- Babybel
- Camembert

Fish selection

- Herring fillet in tomato sauce
- Fried herring fillet snack
- Mackerel salad

Extras

- Gherkins
- Tomatoes
- Egg, hard-boiled, cold

Spread

- Butter
- Margarine
- Vegan spread
(*mushrooms, herbs, smoky, mild*)

Beverages

- Selection of Ronnefeldt teas
- Filter coffee
- Coffee specialties
(*Latte Macchiato, Cappuccino, Espresso, Caffe Latte*)
- Cocoa (*hot and cold*)
- Milk (*hot and cold*)
- Mineral water (*still, medium carbonation*)
- Juices (*apple, orange*)

Our dinner dishes

Tomatoes with mozzarella

Small portion

Melon balls with Serrano ham

Small portion

Mixed Salad

with your choice of:

- Chicken breast strips
- Tuna
- Cheese

Two Vienna sausages with mustard (cold)

and your choice of:

- Bread
- Potato salad

Cheese platter

Sliced cheese (Gouda, Emmentaler and herbed cheese), Camembert Babybel

Mixed fish platter

Smoked trout fillet, salmon and spinach terrine
Horseradish sauce

Platter of sliced cold meat and cheese

Boiled ham
Salami, liver sausage, Camembert
Tomatoes and gherkins

Soups

- Asparagus soup
- Tomato soup
- Potato soup
- Chicken noodle soup



Please feel free to
contact us if you would
like to add further
breakfast components

Declaration of our foodstuffs

Breakfast and dinner components

Bread, roll "contains":	11, 11a, 11b, 11c, 11d, 19, 19b, 19c, 22
Raw sausage "contains":	2, 3
Scalded sausage "contains":	1, 2, 3, 8
Cooked sausage "contains":	2, 3
Cheeses "contains":	1, 17, 18
Cheese spread "contains":	17, 18
Cornflakes "contains":	11, 11c
Wholegrain muesli with chocolate "contains":	11, 11a, 11b, 11c, 11d, 11e, 17, 18, 19, 19b
Wholegrain muesli with fruit "contains":	2, 5, 11, 11a, 11b, 11c, 11d, 11e, 16, 17, 18, 23
Bircher muesli "contains":	11, 11d, 19, 19a, 19b, 19g, 17, 18

Lunch dishes & soups:

Semolina dumpling soup "contains":	11, 11a, 13
Vegetable soup "contains":	11, 11a, 13, 20
Option 1 "contains":	2, 17, 20, 21
Option 2: "contains":	2, 11, 11a, 17, 18, 20
Option 3: "contains":	11, 11a, 13, 17, 20, 21
Option 4: "contains":	11, 11a, 13, 17, 18, 20 
Option 5 "contains":	14, 17, 18, 20
Option 6: "contains":	11, 11a, 13, 17, 18, 19, 19b, 20 
Option 7: declaration-free	
Option 8: "contains":	17, 18, 20 
Option 9: "contains":	11, 11a, 13, 17, 18, 20 
Option 10: "contains":	17, 18 
Option 11: declaration-free	 
Dressing "contains":	17, 18, 23
Chocolate mousse "contains":	13, 17, 18
Bavarian cream "contains":	17, 18
Red groats "contains":	17, 18

Dinner menus & soups:

Sugar melon with Serrano ham "contains":	2, 3
Tomato mozzarella "contains":	17, 18
Cheese platter "contains":	1, 17, 18
Vienna sausage "contains":	1, 2, 8
Platter of sliced cold meat and cheese "contains":	2, 3, 8, 17, 18, 21
Fish platter "contains":	14, 17, 18, 23
Chicken noodle soup "contains":	11, 11a, 11c, 17, 18, 20



Legend:

1 contains colouring, 2 contains preservative, 3 contains anti-oxidants, 4 contains flavour enhancers, 5 sulphurated, 6 blackened, 7 waxed, 8 contains phosphate, 9 contains sweeteners

 vegetarian  vegan  free of pork components

Allergens:

11 gluten a) wheat b) rye c) barley d) oat e) spelt f) kamut or g) hybrid strains, 12 crustaceans, 13 eggs, 14 fish, 15 peanuts, 16 soybeans, 17 milk, 18 lactose, 19 nuts a) almonds b) hazelnuts c) walnuts d) cashew nuts e) pecan nuts f) Brazil nuts g) pistachios h) macadamias or i) Queensland nuts, 20 celery, 21 mustard, 22 sesame seeds, 23 sulphur dioxide and sulphite <10 mg/kg (SO₂), 24 lupines, 25 molluscs

For the contained nutritional values, please ask our staff.

Special comfort and individual service

We are happy to provide you with a special menu selection in our Helios private clinics and elective care units.

Your choice of menus and our culinary extras, which you can find in the lounge or in your room, are included in your room price.

Talk to us - our patient managers and elective care unit managers are here for you and happy to answer your questions!



Your accommodation in our private clinics



Your accommodation in our elective care units

Note: Depending on the year they were opened, the rooms of our Helios private clinics and elective service areas differ in their features. Our aim is to offer you a uniform standard in terms of service and comfort - therefore, our premises are modernised regularly.

Helios Kliniken GmbH

Friedrichstrasse 136
10117 Berlin

Telephone (0361) 781-1224

Fax (0361) 781-1308

konzept.speisenversorgung@helios-gesundheit.de

www.helios-gesundheit.de

IMPRINT

Publisher:

Helios Kliniken GmbH, Friedrichstraße 136, 10117 Berlin

Responsible in accordance with press law:

Francesco De Meo · c/o Helios Kliniken GmbH

Printed by:

Rindt GmbH & Co. KG, Daimler-Benz-Straße 30, 36039 Fulda

Last revised 2018